# Resources for app creation workshop

## Images - all labelled for non-commercial reuse

Safety sign <http://www.thebluediamondgallery.com/handwriting/images/safety.jpg>

Knife <https://pixabay.com/en/kitchen-knives-kitchen-kitchen-knife-1135268/>

Cutting board <https://www.flickr.com/photos/mountainmade/4396277946>

Knife types [https://commons.wikimedia.org/wiki/File:Kitchen\_knives.svg](https://commons.wikimedia.org/wiki/File%3AKitchen_knives.svg)

Cutting technique claw <https://pxhere.com/en/photo/636621>

# Structure of app

# Headings relate to screens, red text is what we'll copy to the appropriate part of the app.

### What is safety?

<https://www.australiancurriculum.edu.au/f-10-curriculum/health-and-physical-education/Glossary/?term=safety>

Relates to safety issues that students may encounter in their daily lives, assessing risk, making safe decisions and behaving in ways that protect their own safety and that of others. It includes **making safe decisions that keep people healthy in situations and places such as school, home, on roads, outdoors, near and in water, parties, online, first aid, relationships and dating, and personal safety.** Children and young people will seek out risks elsewhere, in environments that are not controlled or designed for them, if a play and physical activity provision is not challenging enough. Important learning can take place when children are exposed to, and have to learn to deal with, environmental hazards.

### Safe use of knives

source: [http://workplaceohs.com.au/hazards/work-environment/q-a/knife-safety-at-work-what-are-the-guidelines#.W6tzCxMzb-Y](http://workplaceohs.com.au/hazards/work-environment/q-a/knife-safety-at-work-what-are-the-guidelines%22%20%5Cl%20%22.W6tzCxMzb-Y)

* always cut away from any body part
* never try to catch a falling knife
* never toss a knife to anyone
* always hold it by the handle if possible, never by the sharp side of the blade
* carry knives pointing downwards
* cut on a stable surface
* never rush
* always look at the blade and its path while cutting, never at a workmate or anything else
* comply with safe storage and disposal procedures, and
* sharpen and maintain blades.

### Knife Technique

How to hold the knife. Good knife skills start with holding the knife properly. Pinch the blade of the knife where it meets the handle between your thumb and first finger, then wrap the rest of your fingers around the handle. (Do not lay your first finger across the top of the blade.) This position will give you the most leverage and control as you cut and dice. It might feel a little awkward at first, but if you keep practicing holding your knife this way, it will quickly start to feel natural. Watch the video at <https://vimeo.com/9511145> to really see how this is done.

Use "The Claw" to protect your other hand. Be sure to protect your other hand as you cut: use "The Claw" position. Curl the fingers of your opposite hand into a "claw" and rest just the tips of your fingers on top of the ingredient you're about to cut. Tuck your thumb in; your wrist should be parallel to the cutting board. As you slice, move your fingers back, still keeping this claw formation. If your knife slips as you cut, it will hit against your knuckles or fingernails, protecting you from a serious slice.

Stabilize your cutting board. Last but not least, stabilize your cutting board by placing a rubber mat or a damp paper towel underneath. This will keep it from slipping as you cut, helping you work more quickly and safely.

source: <https://www.thekitchn.com/cooking-school-day-1-knife-skills-the-kitchns-cooking-school-208639>

### Injuries

source: <https://www.worksafe.qld.gov.au/injury-prevention-safety/workplace-hazards/dangers-in-your-workplace/knives-and-blades-in-the-workplace>

Injuries to your hands, fingers or legs may occur when they're in the way of the blade, when the blade slips, or if an open blade is handled unexpectedly.

Workers who handle sharp edged objects (for example, sheets of steel or glass in the manufacturing industry) are also at risk of cuts.

Types of knives